








6PM SANTA ROSA 2025 SUMMER COMMUNITY DISTANCE RUNS!

(10 week schedule) FREE / open to the public June 2nd - August 9th (Revised GF Apr 24, 2025)

	Monday Richardson Hill Tempo	Tuesday EZ Pace Run	Wednesday Group Tempo Watermelon Wed!	Friday EZ Pace Run	9 AM or 8 AM Saturday Over-Distance Runs
Week #1	June 2 Channel Drive	June 3 Howarth Park EZ Run	June 4 Park Trail Group Tempo 	June 6 Howarth Park EZ Run	9 AM June 7 Park Trail OD Run
Week #2	June 9 Channel Drive	June 10 Howarth Park EZ Run	June 11 7 PM MCHS Track Group Tempo	June 13 Howarth Park EZ Run	9 AM June 14 Park Trail OD Run
Week #3	June 16 Channel Drive	June 17 Howarth Park EZ Run	June 18 Park Trail Group Tempo	June 20 Howarth Park EZ Run	9 AM June 21 Park Trail OD Run
Week #4	June 23 Channel Drive	June 24 Howarth Park EZ Run	June 25 7 PM MCHS Track Group Tempo	June 27 Howarth Park EZ Run	8 AM June 28 Park Trail Pancake Long Run 
Week #5	June 30 Channel Drive (9AM)	July 1 EZ Run OYO	July 2 EZ Run OYO	No Group run Friday See you July 4 Kenwood Footrace! 3K-5K Race 	8 AM July 5 Park Trail OD Run
Week #6	July 7 Channel Drive	July 8 Howarth Park EZ Run	July 9 Park Trail Group Tempo	July 11 Howarth Park EZ Run	8 AM July 12 Park Trail OD Run
Week #7	July 14 Channel Drive	July 15 Howarth Park EZ Run	July 16 MCHS Track 2Mi/5K (Option: Group Time Trial or Group Tempo)	July 18 Howarth Park EZ Run	8 AM July 19 Park Trail Pancake Long Run 
Week #8	July 21 Channel Drive	July 22 Howarth Park EZ Run	July 23 Park Trail Group Tempo	July 25 Howarth Park EZ Run	8 AM July 26 Park Trail OD Run
Week #9		Gone For Tahoe Running Camp Zephyr Cove Campground (Mon, Jul 28th – Sat, Aug 2nd)			
Week #10	Aug 4 Channel Drive	Aug 5 Howarth Park EZ Run	Aug 6 Park Trail Group Tempo	Aug 8 Howarth Park EZ Run	8 AM Aug 9 Park Trail OD Run

This program ends Sat, August 9th, since Mon, August 11th is the first “official” day of XC ’25 Fall Season practice for all local High Schools. -First “official” 1st day of school (SRCSD) is Wednesday, August 13th for 2025/2026 academic year.

WHAT TO EXPECT: Casual pace/mixed pace runs vary between 30-90 min. runner ages vary between High School, Jr. High; always OK to bring friends or siblings! -Adults, come run/bike with us or bring the dogs for walk/hike in the park!

DIRECTIONS TO RUN LOCATIONS (Plan drop-off/pick-up between 1 hr. 30 minutes - 1 hr. 45 minutes duration):

CHANNEL DRIVE: Going east on Montgomery Dr. take right on Channel Dr. follow ~3/4 mi to gravel parking lot on left

HOWARTH PARK: 630 Summerfield Rd, main upper-level parking lot; meet at trail head entrance next to Lake Ralphine

PARK TRAIL RD: Going south on Summerfield Rd, go ~1 mile past the Howarth Park entrance, Park Trail Road is on the left we meet at the Park Trail open space ~.5 mile down Park Trail Road on the left side, right across the street from this residence: 4836 Park Trail Drive, Santa Rosa, CA 95405

HAVE QUESTIONS? Call, text or e-mail **Greg Fogg** (707) 291-2967 or greg.fogg@comcast.net

For more info check out this activity, Tahoe Running Camp or Maria Carrillo XC, visit the MCHS Cross Country Team website page at www.mariacarrillorun.com